



Thai Green Fish Curry - Mild

A warming fish and vegetable curry accompanied by fluffy white rice.

A tasty Gluten Free seafood dinner with loads of flavour that you are sure to enjoy.



Ingredients

Green Curry (50%) [Onions, Peas, Carrots, Green Beans, Canola Oil, Garlic, Ginger, Tapioca, Green Curry Paste (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste [Shrimp (**Crustacea**), Salt], Kaffir Lime Peel, Coriander Seeds, Pepper, Cumin, Turmeric), Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Salt, Coconut Milk], Basa Fillet 28%) (**Fish**), White Rice.

CONTAINS CRUSTACEA, FISH. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1672kJ (401Cal)	418kJ (100Cal)
Protein:	27.6g	6.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	3.3g
--Saturated:	5.6g	1.4g
Carbohydrates:	30g	7.5g
--Sugars:	7.6g	1.9g
Dietary Fibre:	10g	2.5g
Sodium:	1024mg	256mg
Potassium:	676mg	169mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.